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In this issue...

News

[59th Diagnostics and Therapeutics Group welcomes new commander](#)
[59th MDSS gains new mission, welcomes new commander](#)
[Wilford Hall nurse wins state award](#)
[Air Force reservists lead trauma care advances](#)
[Healthcare workers called to be infection control heroes](#)
[Top III awards grants to four members](#)
[Air Force accepting physical therapy applications](#)
[Get the facts on insect repellents](#)
[AF voting program helps Airmen exercise their right](#)

Action Line

Bulletin Board

[CLICK HERE](#)



Saving lives

Medics work to stabilize a patient at the Air Force Theater Hospital at Balad Air Base, Iraq July 19. As the central military medical hub for Iraq, the 332d Air Expeditionary Wing averages about 750 emergency surgical operations a month and is leading new advances that may save lives. *U.S. Air Force Photo*

[Main Public Affairs Web site](#)

[Commander's Action Line](#)

[Vital Signs' Archives](#)

[AETC News Service](#)

[Lackland Talespinner](#)

[Surgeon General's Newswire](#)

[Air Force Print News](#)

[Iraq News Link](#)

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59th Diagnostics and Therapeutics Group welcomes new commander

By Sue Campbell

59th Medical Wing Public Affairs

Col. Naomi Lawless assumed command of the 59th MDTG on Aug. 2 during a ceremony held in the Wilford Hall Medical Center auditorium. She replaces Col. Roberta Gott who transferred to Brooks City-Base to chair the International Expeditionary Education and Training Department, U.S. Air Force School of Aerospace Medicine.

The 59th MDTG provides nutritional medicine, pathology, clinical laboratory, pharmacy, physical medicine, occupational therapy and diagnostic imaging within the largest U.S. Air Force medical center -- a 260-bed, tertiary/quaternary care teaching facility.



Col. Naomi Lawless

The group's combined staff of 785 and budget of \$82 million supports peacetime healthcare, education and training, medical readiness and the air expeditionary force with 392 mobility personnel and the Department of Defense's largest blood donor center.

"My command philosophy is best described by the book 'Who Moved My Cheese,' by Dr. Spencer Johnson," said Colonel Lawless. "I prefer to walk around and visit to conduct business. Brevity is my mantra. Get to the point and let's take care of it. I cherish the folks who tell me the truth. I am action oriented. I am in favor of the 80 percent solution."

Colonel Lawless received her bachelor of science in pharmacy degree in 1981 from the University of Houston and is a registered licensed pharmacist in the state of Texas.

She began her military career in 1989 as a staff pharmacist at WHMC and later became the officer-in-charge of the inpatient and bone marrow transplant pharmacies. She moved to Bitburg Air Force Base, Germany in January 1993 and ultimately became chief of pharmacy services for both the Bitburg and Spangdahlem medical facilities.

She was selected for a Biomedical Sciences Utilization and Education Fellowship and transferred to the Air Force Personnel Center, Randolph AFB, Texas working assignment and education issues for Biomedical Science Corps officers. In 1997, she moved to the Air Force Surgeon General's office to work in force management and was consequently selected to become the first medical officer in the Air Force Colonel Matters Office.

Colonel Lawless assumed command of the 27th Medical Operations Squadron, 27th Fighter Wing, Cannon AFB, N.M., in April 2000. While there, she also served as the 27th Medical Group deputy commander.

In July 2003 she transferred to Aviano AB, Italy and assumed the position of deputy commander of the 31st Medical Group.

"My goals as commander of the 59th MDTG are to use my command philosophies to get us through the enormous amount of change looming in the future for Wilford Hall," said Col. Lawless. "I will work hard to empower the group to feel confident in daily decisions."

[Return to Top](#)

59th MDSS gains new mission, welcomes new commander

By Sue Campbell

59th Medical Wing Public Affairs

The 59th Medical Support Squadron has a new commander and a new mission. Previously, the 59th MDSS was focused on health information management, primarily in the form of medical records and information technology. The unit was recently transformed into the first TRICARE Operations and Patient Administration (TOPA) Squadron. Lt. Col. Stephen Greentree assumed command of the 59th MDSS on July 28.

Colonel Greentree was previously commander of the 759th Medical Support Squadron which is being stood down, with all of its functions being merged into the new 59th MDSS.

“Standing up the TOPA squadron implements the Air Force Medical Service’s vision of bringing together the synergy of the patient administration functions, that had in recent years been decentralized, and the TRICARE functions to serve as a central point for all healthcare administrative needs of 59th Medical Wing patients,” said Colonel Greentree.

The new 59th MDSS will include functions formerly under the 759th MDSS, including Admissions and Dispositions, Consult Management, Medical Management, Referral Management, Member Services, the Patient Squadron, TRICARE Contract oversight, Health Benefits Counseling, Marketing, Enrollment and Patient Advocate. Other functions in the new squadron will be Inpatient and Outpatient Medical Records, Physician’s Records Completion, Coding, Transcription and the Medical Evaluation Board.

The Information Management Flight



Lt. Col. Stephen Greentree

Time in service: 17 years

Family: Wife, Maj Cheryl Greentree; daughter, Morgan (11); and son, Ryan (9)

Hobbies: Reading, computers and homebrewing

Command philosophy: Never ask my Airmen to do something that I am not willing to do. Take care of the Airmen and keep the organization patient focused.

Goals for new position: Create a one-stop service center for all patient needs. Eliminate “crazy-makers” and reduce hassle factors for the patients. Maintain semblance of stability for my Airmen in our environment of wing reorganizations, Base Realignment and Closure and increasing deployments.

(Systems) and Information Plans and Analysis Flight (Data Quality), previously under the 59th MDSS, will now fall under the 59th MDW Administrator (AD).

[Return to Top](#)

Wilford Hall nurse wins state award

By Sue Campbell
59th Medical Wing
Public Affairs

Maj. Rebecca Cypher, clinical nurse specialist in the 859th Medical Operations Squadron, was recently selected to receive the Texas Excellence in Perinatal Nursing Award. The annual award, sponsored by the Texas Chapter of the March of Dimes, recognizes registered nurses in the area of inpatient or outpatient perinatal nursing. Two awards are given each year, one for obstetric and one for neonatal nursing.



Maj. Rebecca Cypher (left) and Capt. Nikki Robinson, registered nurse, review results from an external fetal monitor in the Wilford Hall Birthing Center. Major Cypher was selected to receive the Texas Excellence in Perinatal Nursing Award. *Photo by Master Sgt. Kimberly Yearyea-Siers*

“It is an honor and a privilege to be able to represent military nursing, especially obstetrics nursing,” Major Cypher said.

Accomplishments that were influential toward her selection included a trip she made to Turkey in March 2006 to evaluate OB care. She worked in partnership with healthcare leaders in a Turkish community hospital, sharing clinical expertise with the staff and providing care to military patients.

At Wilford Hall Medical Center she revised the obstetric ward’s protocol regarding the use of oxytocin, a hormone that causes muscles to contract in the uterus during childbirth. She implemented a checklist that is completed prior to oxytocin use that helps to prevent errors.

“Major Cypher is an outstanding nurse who establishes a caring and trusting relationship with her patients,” said Maj. Barbara Cupit, Maternal Child Flight commander. “They trust her and that helps identify issues that may otherwise go undiscovered considering the multiple providers patients see in today’s healthcare environment. She is what OB nursing needs for the future.”

Maj Cypher will receive the award and \$500 during the March of Dimes Texas Chapter Program Services reception in Dallas Sept. 27.

"This is the first time an Air Force nurse has been selected for this award," said Sheila Marie Austin, director of program services for the San Antonio March of Dimes. "The March of Dimes is committed to improving the health of mothers and babies and recognizes the contributions that perinatal nurses make to achieve this goal. We want to reward nurses who reach beyond their job expectations to make a difference in the lives of mothers and babies."

[Return to Top](#)

Air Force reservists lead trauma care advances

by Lt. Col. Bob Thompson
332nd Air Expeditionary Wing Public Affairs

7/30/2006 - BALAD AIR BASE, Iraq (AFPN) -- As coalition forces fight to help Iraq transition to democracy, Air Force surgeons here are fighting to save lives with new surgical knowledge that may benefit military and civilian medical care for years to come.

Finishing his third tour in combat, Air Force reservist Col. (Dr.) Jay A. Johannigman has performed surgery on about 900 patients, saving hundreds of lives.

"In every major conflict, military trauma surgeons have pushed the envelope," he said. "It's been a long time since Vietnam. The military medic has re-emerged as a leader and innovator, leaning forward and taking home important medical lessons."

When Colonel Johannigman returns to his civilian job as the director of trauma at Cincinnati's University Hospital in Ohio, he'll take with him three significant surgical lessons for his civilian counterparts.

"Throughout the theater, doctors use 'shunts' -- a plastic tube -- as a quick repair to bridge together the two ends of a torn blood vessel," he said. "That is unheard of in the states."

Also, he said combat has proven to him the importance of using tourniquets.

"Out here, every Soldier carries a tourniquet in his medical kit," he said. "This has clearly saved the lives of numerous Soldiers who have come through here. It remains a harsh combat statistic that 10 percent of our combat casualties bleed to death from wounds to the arms or legs. Tourniquets can prevent this."

He said that he will push the civilian medical community to make sure all paramedics back home carry tourniquets to stop excessive bleeding.

The third lesson is the value of using whole blood when replenishing a wounded service member whose own supply has dipped dangerously low.

"This is a lesson we've had to relearn," he said. "Whole blood is a tremendous asset which provides all the components necessary to stop bleeding and carry oxygen for the injured patients."

He said combat surgeons often rely on "the walking blood bank" of co-workers and fellow military troops who donate blood which is immediately transfused into a wounded patient.

Continuing Colonel Johannigman's work as vice commander of the Air Force Theater hospital is fellow reservist Col. Mike Yaszemski who helped fine tune aeromedical evacuation procedures as the mobilization assistant to the Air Mobility Command surgeon general.

"The No. 1 advancement I've seen during this conflict is en-route care," Colonel Yaszemski said. "In Vietnam, from the time of injury till the patient was able to get back to the states averaged 43 days. Today, we're getting wounded troops back to the states oftentimes within 48 to 72 hours."

"When an urgent trauma patient is being transported, (his or her) condition can go bad in a heartbeat," said the spine surgeon from the Mayo Clinic, Rochester, Minn. "Now we have critical care air transport teams that are like an intensive care unit in the sky."

As part of an annual workshop, the colonel streamlined what the airborne medics carry, trimming their equipment from 750 to 550 pounds. Also, he ensured that each of the teams, consisting of a flight surgeon, flight nurse, respiratory therapist and medical technician, follow the same duty and crew-rest standards that other aircrew use.

Sixty percent of the aeromedical evacuation mission is done by Air Force Reserve Command. Since the beginning of operations Enduring Freedom and Iraqi Freedom, the Air Force has transported thousands of patients and only one has died en route, a Soldier with unsurvivable burns.

"When we build the critical care air transport teams, we ask, 'What would we like onboard the aircraft if we were a very sick troop lying on a stretcher?'" Colonel Yaszemski said.

The Air Force Theater Hospital averages about 750 patients a month. According to records, about 96 percent of the trauma patients treated here survive to move on to the next stage of care. This is the best rate in military medical history.

"I'll always remember the young Marine who came here on Father's Day and required 248 pints of blood and three operations on his first day with us," Colonel Johannigman said. "The team effort of our medics was successful in helping this wounded hero make it back alive to the states where he continues to recover from his wounds."

"It is a unique privilege to care for these military men and women," he said. "We strive to give the very best care to everyone that comes to our door."

[Return to Top](#)

Healthcare workers called to be infection control heroes

By Maj. Luci Perri

Wilford Hall Infection Control

What would you call someone who prevented hundreds of deaths, illnesses, or other health complications? If you were on a battlefield and rescued hundreds of people from the jaws of death, you would be considered a hero. Healthcare workers have the same ability as those on the battlefield – to prevent death and other calamitous events.

Our daily battleground is the healthcare environment and our number one enemy is microbes. Microorganisms can invade tissue to cause disease and even death. We have the ability to prevent this from happening with one simple procedure – cleaning our hands!



Dr. Robert Kruger, 759th Medical Operations Squadron, washes his hands in the Internal Medicine Clinic. Proper hand hygiene practices are effective weapons against healthcare-associated infections. *Photo by Cynthia White*

Hand hygiene remains our first weapon against healthcare-associated infection. According to the Centers for Disease Control and Prevention, there are two million healthcare-associated infections per year in the U.S. and 80,000 deaths per year. The U.S. spends approximately \$5-10 billion per year as a result of healthcare-associated infections.

These statistics are only the tip of the iceberg, since these expenses do not consider the "intangible" costs of disruption in family functions, stress, reduced productivity due to permanent or temporary loss of function, or time lost from work.

Several studies have shown that hand hygiene performed consistently by healthcare workers can reduce preventable healthcare-associated infections by at least 38 percent, especially infections caused by cross-transmission of organisms. We can prevent more than 30,000 deaths just by thoroughly cleaning our hands as recommended below by the CDC:

- Before having direct contact with patients
- Before donning sterile gloves when inserting a central intravascular catheter
- Before inserting a urinary catheter, peripheral vascular catheter, or other invasive device
- After contact with a patient's intact skin
- After contact with body fluids, a mucous membrane, non-intact skin or wound dressings
- If moving from a contaminated body site to a clean site
- After contact with inanimate objects in the vicinity of a patient
- After removing gloves
- Before eating and after using the restroom

After you finish your shift, maybe while driving home, consider the times you should have thoroughly cleaned your hands that day and ask yourself, “Did I clean my hands every time an opportunity occurred at work?” If your answer is “Yes,” then you ARE a hero – a hand hygiene hero who has helped in the war against healthcare-associated infections! The next time you see a colleague clean their hands, let them know they are a hero, too.

Note: The handwashing article that was published in the July 27 of Vital Signs was written by Michele Riboul.

[Return to Top](#)

Top III awards grants to four members

The 59th Medical Wing Top III presented \$50 grants to four members of the 59th Medical Wing on July 19 as part of the organization’s College Cash Program. Congratulations to the following recipients:

Staff Sgt. Crystal Brown, 59th Dental Squadron
Staff Sgt. Wilairat Kozar, 59th Readiness Squadron
Senior Airman Vanessa Davis, 59th Dental Squadron
Airman 1st Class Andrea Wingate, 59th Logistics Squadron

The 59th MDW Top III disperses four grants per semester for four semesters annually to deserving junior enlisted personnel. Recipients must be solid performers, currently enrolled in college courses and nominated by a 59th MDW Top III member. Contact committee members Senior Master Sgt. Patricia Morris at 2-4138, Master Sgt. Ian Batchelor at 5-6640, or Master Sgt. Albert Malapo at 2-7126 for more information.

[Return to Top](#)

Air Force accepting physical therapy applications

The Air Force is taking applications for the Doctor of Physical Therapy Program which begins Dec. 18, 2007 at the Health Science Center at Fort Sam Houston, Texas. Only active-duty Airmen who possess a baccalaureate degree or those who are in the final semester prior to receiving a degree that includes this program's prerequisites may apply. Applicants must also be medically qualified for worldwide duty.

The selection board is scheduled to convene at the Air Force Personnel Center in December. Completed applications must be sent by military personnel flights and arrive at HQ AFPC/DPAMW, 550 C Street

West, Suite 27, Randolph AFB TX 78150-4729 no later than Nov. 24. Incomplete applications or those received after the cutoff date will be returned and will not meet the selection board, said AFPC officials.

To be eligible, applicants must:

- Have scored 1,000 or higher on the Graduate Record Examination with a minimum score of 450 on the verbal portion.
- Completed 100 hours of voluntary service in direct patient care in a physical therapy function.
- Hold a minimum overall undergraduate grade point average of 3.1 on a 4.0 scale and a 3.1 GPA or better on all required prerequisites.

All prerequisite courses must have been completed within 10 years of the initial semester of the program. Non-credited military training does not count as prerequisites. The program does accept CLEP and advanced placement exams, and on-line courses to fulfill prerequisites, however, applicants cannot CLEP out of laboratory courses.

Qualified applicants should call DSN 665-2775 or (210) 565-2775 for applications.

For more information on program prerequisites, including required coursework and application procedures, visit the Army-Baylor physical therapy training program on the AFPC Web site at the Biomedical Sciences Corps education page.

[Return to Top](#)

101 Critical Days of Summer are here!

Stay safe; get the facts on insect repellents

By Master Sgt. James Redd
59th Aerospace Medicine Squadron

Summer is here, which means so are the mosquitoes, gnats, chiggers and ticks. There are many safe and effective insect repellents that can be used as protection for both children and adults. These include those that use deet, citronella, or soybean oil, just to name a few. The following are some Q and As on the use of insect repellents. Read and heed and keep your family safe this summer season.



Q. Why should I use insect repellent?

A. Insect repellents can help reduce exposure to mosquito bites that may carry viruses such as West Nile virus that can cause serious illness and even death. Using insect repellent allows you to continue to play and work outdoors with a reduced risk of mosquito bites.

Q. When should I use mosquito repellent?

A. Apply repellent when you are going to be outdoors. Even if you don't notice mosquitoes there is a good chance that they are around. Many of the mosquitoes that carry West Nile virus bite between dusk and dawn. If you are outdoors around these times of the day, it is especially important to apply repellent. In many parts of the country, there are mosquitoes that also bite during the day, and some of these

mosquitoes have also been found to carry West Nile virus.

Q. Which mosquito repellents work best?

A. The Center for Disease Control recommends using products that have been shown to work in scientific trials and that contain active ingredients which have been registered with the U.S. Environmental Protection Agency (EPA) for use as insect repellents on skin or clothing. Of the active ingredients registered with the EPA, the CDC believes that products containing these two active ingredients typically provide longer-lasting protection than others:

- DEET (N,N-diethyl-m-toluamide)
- Picaridin (KBR 3023)

Oil of lemon eucalyptus [active ingredient: p-menthane 3,8-diol (PMD)], a plant-based repellent, is also registered with the EPA. In two recent scientific publications, when oil of lemon eucalyptus was tested against mosquitoes found in the U.S. it provided protection similar to repellents with low concentrations of DEET.

People who are concerned about using repellents may wish to consult their health care provider for advice. The National Pesticide Information Center (NPIC) can also provide information through a toll-free number, 1-800-858-7378 or npic.orst.edu.

Q. How does the percentage of active ingredient in a product relate to the amount of protection it gives?

A. Typically, the more active ingredient a product contains the longer it provides protection from mosquito bites. DEET is an effective active ingredient found in many repellent products and in a variety of formulations.

- A product containing 23.8 percent DEET provided an average of five hours of protection from mosquito bites.
- A product containing 20 percent DEET provided almost four hours of protection
- A product with 6.65 percent DEET provided almost two hours of protection
- Products with 4.75 percent DEET were both able to provide roughly one and a half hour of protection.

Actual protection will vary widely based on conditions such as temperature, perspiration, and water exposure.

Choose a repellent that provides protection for the amount of time that you will be outdoors. A product with a higher percentage of active ingredient is a good choice if you will be outdoors for several hours while a product with a lower concentration can be used if time outdoors will be limited. Simply re-apply repellent (following label instructions) if you are outdoors for a longer time than expected and start to be bitten.

Q. How can you know which active ingredient a product contains?

A. Check the product label if you have questions. Repellents must specify their active ingredients. In some cases you will note the chemical name in addition to/instead of the “common” name:



- DEET is N,N-diethyl-m-toluamide
- Picaridin is KBR 3023, sometimes known as “Bayrepel” outside the U.S.
- The active ingredient in oil of lemon eucalyptus is p-menthane 3,8-diol (PMD)

Q. Where can I find these repellents?

A. Most of these repellents are sold at multiple retail, discount and drug stores. A wider selection may be

available at “outdoor” stores or in hunting and camping sections. At this time picaridin is not yet registered with the state pesticide programs in New York and California, and thus is not available in those areas.

Q. What are some general considerations to remember when using insect repellents?

A. Always follow the recommendations appearing on the product label.

- Use enough repellent to cover exposed skin or clothing. Don't apply repellent to skin that is under clothing. Heavy application is not necessary to achieve protection.
- Do not apply repellent to cuts, wounds, or irritated skin.
- After returning indoors, wash treated skin with soap and water. (This may vary depending on the product. Check the label.)
- Do not spray aerosol or pump products in enclosed areas.
- Do not spray aerosol or pump products directly to your face. Spray your hands and then rub them carefully over the face, avoiding eyes and mouth.

Q. What are some reactions to be aware of when using insect repellents?

A. Use of repellents products may cause skin reactions in rare cases. Most products also note that eye irritation can occur if product gets in the eye. If you suspect a reaction to a product, discontinue use, wash the treated skin, and call a poison control center. If product gets in the eyes flush with water and consult health care provider or poison control center. If you go to a doctor, take the product with you.

There is a national number to reach a Poison Control Center near you: 1-800-222-1222.

Q. Can insect repellents be used on children?

A. Repellent products must state any age restriction. If there is none, EPA has not required a restriction on the use of the product.

According to the label, oil of lemon eucalyptus products should NOT be used on CHILDREN UNDER 3 YEARS.



In addition to the EPA's decisions about use of products on children, many consumers also look to the opinion of the American Academy of Pediatrics. The AAP does have an opinion on the use of DEET in children (see below). The AAP has not yet issued specific recommendations or opinion concerning the use of picaridin or oil of lemon eucalyptus for children.

The AAP Committee on Environmental Health updated their recommendation for use of DEET products on children in 2003, citing "Insect repellents containing DEET with a concentration of 10 percent appear to be as safe as products with a concentration of 30 percent when used according to the directions on the product labels." AAP recommends that repellents with DEET should not be used on infants less than two months old.

Parents should choose the type and concentration of repellent to be used by taking into account the amount of time that a child will be outdoors, exposure to mosquitoes and the risk of mosquito-transmitted disease in the area.

If you are concerned about using repellent products on children you may wish to consult a healthcare provider for advice or contact the National Pesticide Information Center through their toll-free number, 1-800-858-7378 or npic.orst.edu

Q. What guidelines are available for using a repellent on children?

A. Always follow the recommendations appearing on the product label when using repellent:

- When using repellent on a child, apply it to your own hands and then rub them on your child. Avoid children's eyes and mouth and use it sparingly around their ears.
- Do not apply repellent to children's hands. (Children may tend to put their hands in their mouths.)
- Do not allow young children to apply insect repellent to themselves; have an adult do it for them.
- Keep repellents out of reach of children.
- Do not apply repellent under clothing. If repellent is applied to clothing, wash treated clothing before wearing again. (May vary by product, check label for specific instructions.)

Q. How else can I protect children from mosquito bites?

A. Using repellents on the skin is not the only way to avoid mosquito bites. Children (and adults) can wear clothing with long pants and long sleeves while outdoors. DEET or other repellents such as permethrin can also be applied to clothing (but is not registered for use on skin), as mosquitoes may bite through thin fabric.

Mosquito netting can be used over infant carriers.

Finally, it may be possible to reduce the number of mosquitoes in the area by getting rid of containers with standing water that provide breeding places for mosquitoes.

Q. Can insect repellents be used by pregnant or nursing women?

A. Other than the routine precautions noted earlier, the EPA does not recommend any additional precautions for using registered repellents on pregnant or lactating women. Consult your healthcare provider if you have questions.

Q. Can I use an insect repellent and a product containing sunscreen at the same time? What are the recommendations for combination sunscreen/insect repellent products?

A. People can, and should, use both a sunscreen and an insect repellent when they are outdoors. Follow the instructions on the package for proper application of each product. In general, the recommendation is to apply sunscreen first, followed by repellent.



It is recommended NOT to use a single product that combines insect repellent containing DEET and sunscreen, because the instructions for use of insect repellents and use of sunscreen are different. In most situations, insect repellent does not need to be reapplied as frequently as sunscreen. While no recommendations are available at this time regarding products that combine other active ingredients and sunscreen, it is important to always follow the label on whatever product you are using.

To protect from sun exposure and insect bites, you can also wear long sleeves and long pants. You can also apply insect repellent to your clothing, rather than directly to your skin.

Q. Where can I get more information about repellents?

A. For more information about using repellents, please consult the EPA web site or the NPIC, which is cooperatively sponsored by Oregon State University and the U.S. EPA. The NPIC can be reached at npic.orst.edu or 1-800-858-7378.

[Return to Top](#)

AF voting program helps Airmen exercise their right

Air Force personnel and their families serving around the world have the right to vote and the Air Force Voting Program's mission is to ensure they have the information and tools needed to exercise that privilege.

As a part of the program, every Air Force installation has designated voting assistance officers who can assist Airmen and voting age family members with the registration and voting process.

The 59th Medical Wing voting officers are 1st Lt. Veronica A. Soileau, 2-5464, and Maj. Lisa Fuentes, 2-5714.

Prior to deploying, Airmen receive voting materials needed to notify their state of new mailing address and continue to receive voting assistance from home voting officers and on site PERSCO teams.

"We want to ensure that every Airman's sacrifice of service does not interfere with his or her right to vote," said Mr. John Lowrence, Air Force Voting Action Officer at the Air Force Personnel Center, Randolph Air Force Base, Texas. "However, each person must accurately complete the absentee voting process from registering and requesting a ballot to submitting the absentee ballot."

Personnel serving away from their voting residence should use Federal Post Card Application Standard Form 76 to register and request absentee ballots. The SF 76 and 2006-07 *Voting Assistance Guide*, which lists the unique voting rules for each state, are available on line at www.fvap.gov or may be obtained from a voting assistance officer.

To help ensure their vote counts, officials remind personnel to be careful when filling out the SF 76 as it is most often returned without action for the following reasons:

- Inadequate legal voting residence address. Address information was not sufficient to locate members voting precinct/ward/parish/etc.
- Inadequate current mailing address. Member moved or deployed without forwarding an SF 76, letting the state know his new address and the post office will not forward ballots.
- Writing illegible
- Failure to indicate party preference. Primary ballots will not be sent without a party designation.
- Form incomplete. All information specified in the VAG must be completed.
- Application sent to wrong jurisdiction (see addresses listed in the VAG).
- No signature



For more information on voting, or for assistance, contact one of the 59th Medical Wing voting assistance officers or visit the Air Force Voting Action site at www.afcrossroads.com/voteFund/Vote/default.htm.

[Return to Top](#)

Commander's Action Line

I want to keep lines of communication open within our wing and for our patients and other partners. Please call the Action Line at 2-4567 with your suggestions, comments or questions about the way we do business, or send an email to 59MDW.PA@lackland.af.mil. Of course, you should always try to resolve problems first at the lowest level possible. If you leave your name, telephone number and a detailed message, you will receive a personal response to questions or complaints. A good source of information about various Air Force issues is "Air Force One Source," an information service provided in partnership with the Family Support Center. Call toll free 1-800-707-5784 24 hours a day, or access their Web site at www.airforceonesource.com.



*Brig. Gen. David Young
59th Medical Wing commander*

[Return to Top](#)

Bulletin Board

Blood drive scheduled

A blood drive will be held from 10 a.m. to 3:30 p.m. Aug. 11 in the hospital atrium. Contact Luis Astorga at 2-8145 for more information or to schedule a blood drive in your section.

Quarterly Awards luncheon

The Team Lackland 2nd Quarter Recognition/Awards luncheon will be held at the Gateway Club on Aug. 23 at 11 a.m. Tickets are \$9.34 for club members and \$11.34 for non-members. Contact your first sergeant for more information or to purchase a ticket by Aug. 14. The menu will be the Pasta Lover's Treat which includes tossed greens with tomatoes, carrots, and sprouts with house dressing; bowtie pasta tossed with seasonal vegetables and sun dried tomato sauce, topped with sliced grilled chicken breast; freshly baked rolls with butter; coffee and tea.

Game Plan for Investing

It's Your Move – A Game Plan for Investing will be held 1 to 4 p.m. Aug. 14, 21 and 28 at Bldg. 1249. This class is an investment education program for service members and their families stationed at Lackland. It's Your Move is a 10-module investment program focusing on financial concepts and understanding the investment world, savings, scams, stocks, bonds and mutual funds. The classes will build upon each other, so participants are asked to plan to attend all three. Register on-line at <https://www.amc-ids.org/php> or call Monty Marsholf at 3-3722 for more information.

G.U.T.S. Toastmasters Club

The *Get up to Speak* Toastmasters Club invites all 59th Medical Wing personnel to attend one of their meetings. Meetings are held on the first and third Thursday of the month from 11 a.m. to noon in room 2A67. The club strives to have fun while developing and improving speaking and listening skills. The Toastmaster's International mission is to help members improve their communication and leadership abilities. Contact Michele Riboul at 2-4858 for more information.

Hypertension education class

A hypertension education class will be held from 1 to 3:30 p.m. at Wilford Hall Medical Center on Aug. 7. Participants should report to the Internal Medicine/STAR clinic lobby at 12:45. This class is open to anyone interested in learning more about hypertension. Contact Carolyn Harris at 2-3866 for more information.

Tobacco cessation class

The August *Fresh Start – Tobacco Cessation* class begins Aug. 7. The classes are held from 4 to 5:30 p.m. at the Lackland Health and Wellness Center. Call the HAWC at 671-1997 to sign up or for more information.

Birthday celebration

The next birthday celebration will be held at 7 p.m. Aug. 9 at the Live Oak Inn, Bldg. 10810. The dinner will honor permanent party E-4s and below during their birthday month. The celebration will have entertainment and a magnificent multi-course dinner, which will feature main entrees of steak, grilled chicken, or spaghetti with meat sauce. The meal charge is in accordance with current reimbursement rates: enlisted personnel on Subsistence in Kind - no charge, military personnel on Basic Allowance for Subsistence - \$3.50, dependents of E-1 through E-4 birthday celebrants - \$3.00, civilian guests of birthday celebrants - \$3.50. Please make your unit reservations by Aug. 4. E-mail your organization's reservations, including choice of individual entrée to Sylvia.Terrell@lackland.af.mil. Guests must be 12-years-old or older, as the function is not designed for younger individuals. If you have any questions concerning this event, contact Allen Tharp & Associates at 3-2009.

Youth sports needs your help

Lackland's Youth Sports Program is in desperate need for coaches for the 11-13 age youth soccer teams. No experience is necessary. All training will be provided by the Youth Sports Program. This is a great opportunity to work with and help shape the life of our youth. It's also great performance enhancer material. Everyone is eligible to become a coach. For complete information call Johnny Baily or Juan Gonzalez at 3-2611.

56 Club sponsors courses

A "1206 for Dummies" class will be held from noon to 2 p.m. on Aug. 15. "The Mechanics of Decorations and Documenting Progressive Discipline" class will be held from 11:30 a.m. to 12:30 p.m. on Aug. 31. A "Feedbacks, Where to Begin" class will be held from 11:30 a.m. to 1:30 p.m. Sept. 19. All classes will be held in the hospital auditorium. Register on line at <https://afkm.wpafb.af.mil/ASPs/CoP/OpenCoP.asp?Filter=OO-ED-AE-25>.

Silver Stars 5K Run/Walk

San Antonio military members and their families are invited to participate free of charge in the 2006 Silver Stars 5K Run/Walk. This event will be held at 8:30 a.m. Aug. 12 at the AT&T Center. Participants will receive a free ticket to the Silver Stars versus Phoenix Mercury game which begins at 7 p.m. that evening. Participants may pick up race packets Aug. 11 from noon to 7 p. m. at the AT&T Center or beginning at 7 a.m. on Aug. 12. E-mail Cindy Smith at csmith@attcenter.com for more information or to sign up. Include participant's name, address, phone number, t-shirt size and date of birth.

Gateway Fitness Center hours change

Gateway Fitness Center has adjusted new hours of operation effective immediately. The new hours will be Monday through Friday 11 a.m. to 9 p.m. The fitness center is closed on weekend and holidays. For more information call 3-1348.

Kelly Pharmacy hours change

The Kelly Pharmacy's hours of operation have changed to 7:30 a.m. to 4:30 p.m. Monday through Friday. The pharmacy is closed weekends and all Federal holidays. If you have any questions regarding the new hours, please call Tech. Sgt. Daniel Radcliffe at 925-8304.

Preventing Mobility Shell Shock seminar

A Preventing Mobility Shell Shock seminar will be held from 7:15 a.m. to 5 p.m. Aug. 11 at the Lackland Bob Hope Theater. Topics will include: Multiple issues of deployment; Ethics, Enemy Prisoners War, Detained Persons; Stress of Combat Casualties; Middle Eastern Culture; and a round table discussion. Guest speakers include the Air Force Director of forensic psychiatric services an Iranian national, an Army JAG office and an Army nurse. For more information contact Capt. Martha Paul at 2-3942.

Interpreter needed for Russian visitors

The Defense Institute for Medical Operations at Brooks City-Base will host a group of Russian doctors to San Antonio during the week of Dec. 11 to 15. DIMO is searching for an individual who speaks Russian and can serve as an interpreter during that period. This would make a good OPR/EPR or award bullet. Individuals should contact Navy Chief George Adams at 536-2071 for more information or to volunteer.

Leave donations needed

Esperanza Calvey, 859th Diagnostics and Therapeutics Squadron, has been approved as a recipient of donated leave under the Voluntary Leave Transfer Program. She has been approved to receive transferred annual leave from other Federal employees. An immediate family member of Ms. Calvey has been diagnosed with cancer and she has no available paid leave to cover absences from work. Civilian employees wishing to donate annual leave to Ms. Calvey may do so by submitting a completed OPM Form 630-A (Within Agency) or OPM Form 630-B (Outside Agency) to Rosalyn Miller (2-5507) requesting that a specific number of whole hours or accrued annual leave be transferred to Ms. Calvey. For additional information please call Ms. Ophelia Lastra at 3-0101.

Heart Link course offered

The official Air Force spouse orientation course, Heart Link, is targeted at spouses of active duty members and will be offered from 8:30 a.m. to 2:30 p.m. Tuesday at the Family Support Center, Bldg 1249. This program is a fun filled day with interactive games and base expert's briefings. The purpose is to increase spouse awareness of the AF mission, customs, traditions, protocol and services. A continental breakfast, free lunch and reimbursable childcare will be offered. For more information and reservations, please call Terryca Fuller, 3-3722. Reservations are needed. To enroll go online at <https://www.amc-ids.org/php/>.

Car buying seminar

The Family Support Center will offer a car buying class 10 a.m. to noon Wednesday in Bldg. 1249. Information on new and used vehicle purchasing and leasing will be discussed. To enroll in the class

please use the following website: <https://www.amc-ids.org/php/>.

Social Security and You

A Social Security Administration seminar will be held 10:00 a.m. to noon Aug. 11 in Bldg. 1249. Topics will include qualification requirements for retirement, other SSA programs, and changes for 2006. To enroll in the class, use the following website: <https://www.amc-ids.org/php/>.

Before and after school care

Lackland Youth Programs is offering a Before and After School Program for children ages five (kindergarten) to 12 years old. Registration is ongoing until all spaces are filled. Stop by the Youth Center, Bldg. 8205, for the registrations packet. You will need to bring Air Force Form 357, Leave and Earnings Statement of both parents, and the child's shot record. For more information call 3-2510 or 3-2388.

Fiesta Texas discounts

Information Ticket and Tours has one day tickets available at a cost of \$22.50, which cost \$28 at the gate. ITT also has discounts one day parking passes for \$8.50 instead of \$10 at the gate. A drink wristbands with a free sports bottle can be purchased for \$8.50 with unlimited free refills all day. Prepaid meal vouchers are available for \$7.75, and are a great way to make sure they eat a full meal when dropped off. For more information contact the ITT office at 3-3033.

Back in the Day Social Hour

The Kelly Field Club invites everyone to return to the Back in the Day Social Hour from 4 to 8 p.m. Wednesday and Thursday and 4 to 9 p.m. Fridays. There will be beverage specials, appetizers, selected house music and entertainment. Group parties are welcomed. For more information call 924-7341.

Nifty Fifty's return to Kelly Field Club

Join us and celebrate the Nifty 50's at the Kelly Field Club from 10:30 a.m. to 1 p.m. Aug. 25. Buffet price is \$8.95. Our main entrée will be old fashioned pot roast, southern fried chicken, chicken pot pie, and sautéed shrimp pasta. The menu will also include a hamburger bar, ice cream bar and coke floats. For group reservations or information call 924-7341.

Open Recreation

Open Recreation will be offered for free at the Lackland Youth Programs starting Aug. 14. Youths must be registered members. Ages for this program are 9 to 12 years old. The schedule for Open Recreation is Monday thru Thursday from 3:15 to 7 p.m., Friday from 3:15 to 9 p.m. and Saturday from 9 a.m. to 3 p.m. For more information stop by the Youth Center Bldg. 8205 or call 3-2510, 3-2388.

Da Vinci bible study now ongoing

The "Decoding Da Vinci: Discovering The Truth!" bible study, led by Chaplain (Lt. Col.) David Wilshek, will run from noon to 1 p.m. every Monday through Sept. 11 in the Chapel Conference Room (BE40). Materials will be provided by the chapel. Everyone is invited to bring their lunch. Format will be informal with discussion. Call 2-7373 for more information.

JEAP picnic

Mark your calendars. The Team Lackland Top III will be hosting the 6th Annual Junior Enlisted Appreciation Picnic from 11 a.m. to 2 p.m. Friday at Stillman Park. There will be food, fun, games, prizes and more. For more information, contact Master Sgt. Max Park at 3-3627 and Master Sgt. Patrick Johnson at 3-3240.

Travel books help vacation planning

The Main Base Library offers many new travel books to help with summer travel planning. Books from

Disney World to China and every place in between can be found on a special spinner display as well as in the McNaughton collection. For more information call 3-2678.

[Return to Top](#)